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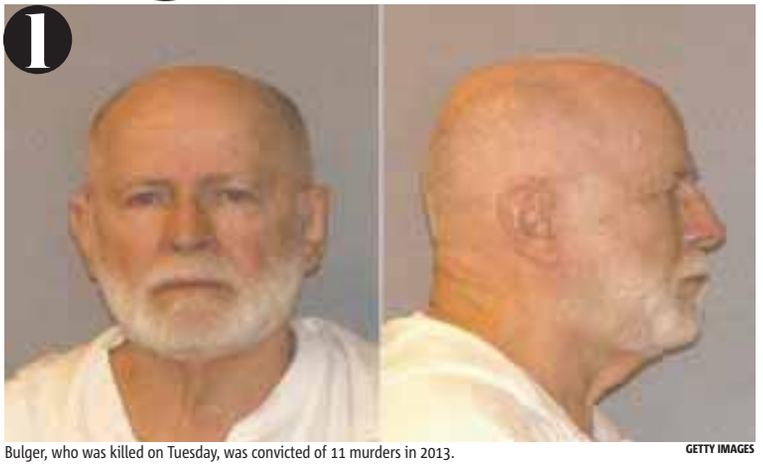
8 THINGS TO KNOW

Boston gangster James 'Whitey' Bulger found dead in prison

Described as a "sociopathic killer," Bulger was a notorious Boston mobster and FBI informant.



Bulger, who was killed on Tuesday, was convicted of 11 murders in 2013. GETTY IMAGES

James "Whitey" Bulger, who lived a double life as one of Boston's most notorious mobsters and as a secret FBI informant before going on the run for 16 years, was killed at a federal prison in West Virginia, sources said on Tuesday.

The Federal Bureau of Investigation was looking into Bulger's death and a prison employee briefed on the matter said it was being investigated as a homicide. A U.S. Bureau of Prisons statement had earlier confirmed Bulger had died and said the FBI was investigating.

Bulger, who was 89, had been transferred a day earlier to the high-security prison in a wheelchair, the prison employee said.

Two men were seen on surveillance footage entering his cell, the prison employee said.

Bulger's body was discovered wrapped in a sheet, the employee said, and the notorious gangster had been beaten so badly that blood had come out of his ears.

Federal officials did not give a cause of death, but the Bureau of Prisons said no other inmates or staff were injured.

The prisons bureau had said in its statement that Bulger's body was found on Tuesday. The prison employee said it was discovered when he did not appear for breakfast, indicating he was killed early morning or overnight.

Henry Brennan, a defense lawyer for Bulger, said in an email he could not confirm or deny the reports.

Bulger was convicted in August 2013 of 11 murders, among other charges including racketeering, and sentenced to two consecutive life terms plus five years.

Prison had been something Bulger had gone to great lengths to avoid — killing potential witnesses, cultivating corrupt lawmen and living as a fugitive for 16 years. It all ended when a tip from a former Icelandic beauty queen led to his capture in June 2011 in Santa Monica, California, where he was living with a longtime girlfriend.

> **"He's one of the hardest and cruelest individuals that operated in the Boston area. He's a bad, bad, bad guy."**
> Tom Foley

Bulger and his Winter Hill gang had operated for more than two decades in the insular Irish-dominated South Boston neighborhood, engaging in loan-sharking, gambling, extortion, drug dealing and murder. They did so with the tacit approval of an FBI agent who looked the other way when it came to Bulger's crimes so that he would supply information on other gangsters.

Bulger, portrayed by Johnny Depp in a 2015 film, "Black Mass," was feared for his short temper and brutality. Prosecutors said he strangled two women with his hands and tortured a man for hours before shooting him in the head with a machine gun.

"We took what we wanted," Kevin Weeks, a former Bulger lieutenant who would eventually testify against him, wrote in his memoir, "Brutal."

"We made millions through extortion and loan-sharking and protection. And if someone ratted us out, we killed him. We were not nice guys."

Bulger was born Sept. 3, 1929, and grew up in South Boston. He was called "Whitey" because of his light-blond hair, but was said to detest the nickname and preferred being called Jimmy. As a teenager he joined a gang known as The Shamrocks, compiled an arrest record for assault and armed robbery and ended up in a juvenile reformatory.

Bulger was in prison from 1956 to 1965 for robbing banks, and upon his release he fell in with the Irish mob in South Boston. He worked his way through the ranks as a bookie and loan shark, survived a gang war between two Irish mobs and was a leading figure in Boston's underworld by the early 1970s.

His career was boosted by his relationship with rogue FBI agent John J. Connolly, whom Bulger had known since they were boys. Connolly was supposed to be in charge of getting information out of him and Bulger did provide information that helped the FBI go after his main rival, New England's Italian Mafia, as well as local criminals.

In return, Connolly let Bulger know about working investigations while Bulger and close associate Steve "The Rifleman" Flemmi carried on with impunity. After he retired from the FBI, Connolly tipped off Bulger about a coming indictment, sending the mobster on the run in 1995.

Connolly was convicted in 2008 of racketeering, taking bribes and second-degree murder for his role in the slaying of an accountant who Bulger and Flemmi feared would testify against them.

Bulger's former associates turned on him while he was at large and their information led to a 2000 indictment that originally charged him with 19 murders.

"The guy is a sociopathic killer," Tom Foley, who worked on Bulger cases for the Massachusetts State Police, told CNN. "He loved that type of life. He's one of the hardest and cruelest individuals that operated in the Boston area. He's a bad, bad, bad guy."

When Bulger fled, he first took Teresa Stanley, his girlfriend of 30 years, with him. After a few weeks at large, however, Stanley wanted to go home so Bulger dropped her off in the Boston area. He picked up another of his girlfriends, Catherine Greig, and disappeared again.

Bulger spent his final years of freedom in No. 303 of the Princess Eugenia apartment complex in Santa Monica with Greig.

One of their neighbors, Anna Bjornsdottir, a former U.S. television actress and Miss Iceland of 1974, earned a $2 million reward for turning in Bulger. She was watching a television news report about the Bulger manhunt when she recognized

2 TRUMP NOW TARGETS US BIRTHRIGHT CITIZENSHIP

With congressional elections a week away, President Donald Trump on Tuesday said he will seek to scrap the right of citizenship for U.S.-born children of non-citizens and illegal immigrants as he tries again to dramatically reshape immigration policies. Reviving his support for a legally-questionable theory, Trump told the Axios news website he would issue an executive order on so-called birthright citizenship, an issue that has long rankled some conservative Republicans. Trump's previous calls to end the practice have resonated with his political base, but moderate Republicans and some legal experts say Trump is running afoul of the U.S. Constitution. Under the Constitution's 14th Amendment, enacted in the wake of the Civil War to ensure that black Americans previously subject to slavery had full citizenship rights, citizenship is granted to "all persons born or naturalized in the United States." It has been routinely interpreted over the years to confer citizenship to people born in the United States whose parents are illegal immigrants.

3 'PLANET HUNTER' KEPLER SPACE TELESCOPE RETIRED

The Kepler space telescope has run out of fuel and will be retired after a 9-1/2-year mission in which it detected thousands of planets beyond our solar system and boosted the search for worlds that might harbor alien life, NASA said on Tuesday. Currently orbiting the sun 94 million miles from Earth, the spacecraft will drift further from our planet when mission engineers turn off its radio transmitters, the U.S. space agency said. The telescope laid bare the diversity of planets that reside in our Milky Way galaxy, with findings indicating that distant star systems are populated with billions of planets, and even helped pinpoint the first moon known outside our solar system. The Kepler telescope discovered more than 2,600 of the roughly 3,800 exoplanets — the term for planets outside our solar system — that have been documented in the past two decades. Its positioning system broke down in 2013, about four years after its launch, though scientists found a way to keep it operational. But the telescope has now run out of the fuel needed for further operations, leading to its retirement.

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The L train shutdown, which will suspend service between Brooklyn and Manhattan for 15 months, will begin April 27, 2019. ISTOCK

L train shutdown begins April 27, 2019

Mark your calendars and set an alarm, straphangers: The L train shutdown begins in 178 days.

NIKKI M. MASCALI
nikki.mascali@metro.us

Service between Brooklyn and Manhattan on the NYC subway line will be suspended for 15 months starting Saturday, April 27, 2019, the MTA announced Tuesday.

The last day for service between Eighth Avenue in Manhattan and Bedford Avenue in Brooklyn is Friday, April 26. The L train will still run in Brooklyn between the Bedford Avenue and Canarsie-Rockaway Parkway stations.

"With the L running as a Brooklyn-only service for 15 months starting after the weekend of April 27, we've been hard at work with our partners at NYC DOT and other city agencies to make sure that the alternate train, bus, ferry and bicycle networks work together to get people around successfully," NYC Transit President Andy Byford said in a statement.

The L train shutdown will affect the 225,000 riders who use the NYC subway line to travel between the two boroughs as the Canarsie Tunnel under the East River undergoes extensive reconstruction due to damage from Superstorm Sandy in 2012.

Alternative service options include HOV restrictions on the Williamsburg Bridge, five additional bus routes, a new M14 SBS on 14th Street and an express NY Waterway ferry from Williamsburg to Stuyvesant Cove.

Additionally, several NYC subway stations have been or will be expanded to offset the expected straphanger overflow during the L train shutdown, and Citi Bike will increase coverage in areas that will be impacted most.

For New Yorkers who would like help planning their alternative routes during the looming L train shutdown, NYCT and DOT will host a series of pop-ups, open houses and mobile information sessions. Dates for those will be posted on mta.info/Ltunnel reconstruction.

"We're continuing unprecedented efforts at public outreach, responding to local communities and giving as much notice as possible on key dates in this project," Byford said.

DOT Commissioner Polly Trottenberg vows the agencies "are up for this enormous challenge," and Danny Pearlstein of Riders Alliance agreed they are.

"With Sandy now six years behind us, the L train shutdown has been very long in coming," Pearlstein told Metro. "Now six months away, the MTA and DOT have both made a tremendous effort to accommodate L riders and residents of surrounding neighborhoods. With innumerable town halls, open houses and public meetings, there's been plenty of opportunity to learn about their plan."

However, the city's mass transit "remains in crisis and our streets severely congested," Pearlstein added. "During the shutdown, it will be imperative that as many transit riders keep riding transit as possible and as few switch to cars. Otherwise, the city will grind to a halt. Once the shutdown begins, it will be incumbent upon the MTA and DOT to fine-tune the plan, prioritizing buses and restricting cars where necessary. The alternative is L-pocalypse."

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	2 bedroom	$502	5	2 People 3 People 4 People	$19,818 - $25,050 $19,818 - $28,170 $19,818 - $31,290
40% AREA MEDIAN INCOME (AMI) UNITS	1 bedroom	$583	7	1 Person 2 People	$22,458 - $29,240 $22,458 - $33,400
	2 bedroom	$706	7	2 People 3 People 4 People	$26,812 - $33,400 $26,812 - $37,560 $26,812 - $41,720
50% AREA MEDIAN INCOME (AMI) UNITS	1 bedroom	$753	8	1 Person 2 People	$28,286 - $36,550 $28,286 - $41,750
	2 bedroom	$910	7	2 People 3 People 4 People	$33,806 - $41,750 $33,806 - $46,950 $33,806 - $52,150
	3 bedroom	$1,045	5	3 People 4 People 5 People 6 People	$39,086 - $46,950 $39,086 - $52,150 $39,086 - $56,350 $39,086 - $60,500
60% AREA MEDIAN INCOME (AMI) UNITS	1 bedroom	$923	30	1 Person 2 People	$34,115 - $43,860 $34,115 - $50,100
	2 bedroom	$1,114	35	2 People 3 People 4 People	$40,800 - $50,100 $40,800 - $56,340 $40,800 - $62,580
	3 bedroom	$1,281	12	3 People 4 People 5 People 6 People	$47,178 - $56,340 $47,178 - $62,580 $47,178 - $67,620 $47,178 - $72,600

[1] Tenant pays electricity. [2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How do you Apply?

Apply online or through mail. To apply online, please go to: **www.nyc.gov/housingconnect.**
To request an application **by mail, send a self-addressed envelope to: Van Sinderen Plaza c/o Cornell Pace Inc., 542 Main Street 3rd Floor, New Rochelle, NY 10801.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **December 28, 2018.** Late applications will not be considered.

What happens after you submit an application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en **nyc.gov/housingconnect.** Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Van Sinderen Plaza c/o Cornell Pace Inc. 542 Main Street 3rd Floor, New Rochelle, NY 10801.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **28 de diciembre 2018.**

简体中文 访问 **nyc.gov/housingconnect** 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至: **Van Sinderen Plaza c/o Cornell Pace Inc. 542 Main Street 3rd Floor, New Rochelle, NY 10801.** 信封背面请用英语注明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 **2018 年 12 月 28 日**.

Русский Чтобы подать заявление через интернет, зайдите на сайт: **nyc.gov/housingconnect**. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Van Sinderen Plaza c/o Cornell Pace Inc. 542 Main Street 3rd Floor, New Rochelle, NY 10801**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **28 декабрь 2018**.

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President Donald Trump and first lady Melania Trump, alongside Rabbi Jeffrey Myers, place stones and flowers on a memorial as they pay their respects at the Tree of Life synagogue. ALL PHOTOS GETTY IMAGES

Trump visits synagogue in Pittsburgh attack as protesters march

First lady Melania Trump, along with Ivanka Trump and Jared Kushner, joined the president.

President Donald Trump, shrugging off objections from some critics that he was unwelcome, on Tuesday offered condolences at the Pittsburgh synagogue where 11 Jewish worshippers were shot to death, as thousands of mourners attended the first funerals for victims of the massacre.

The president, who opponents say has stoked a toxic political climate conducive to acts of violence, paid a brief visit to the Tree of Life temple, the scene of Saturday's attack, accompanied by first lady Melania Trump.

They were greeted by Rabbi Jeffrey Myers, who led them inside the temple. Emerging about 18 minutes later, the president went to a memorial outside the building, where the first lady placed a flower and the president placed a small stone on a marker for each of the shooting victims.

Trump also planned to visit hospitalized police officers and other people wounded in Saturday's gun violence.

About 2,000 people, many of them members of Pittsburgh's tight-knit Jewish community, held a protest march against Trump as his visit began, chanting, "Words have meaning" and carrying signs with such slogans as "We build bridges not walls."

Also joining Trump on his trip to Pennsylvania's second-largest city were Ivanka Trump and Jared Kushner, his daughter and son-in-law who are Jewish and serve as White House advisers.

Trump's visit came just seven days before elections that will determine whether his Republican Party will maintain its control in both houses of Congress or whether the Democrats will seize a majority in one chamber or both.

The first funerals for the victims of the attack also were held on Tuesday. More than 1,800 people, some from across the United States, came to pay respects to relatives of David Rosenthal, 54, and Cecil Rosenthal, 59, at Rodef Shalom, another synagogue in the Squirrel Hill district that forms the heart of the city's Jewish community. Police officers were posted outside the temple.

REUTERS

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While the 10 fields at Socceroof, which are all named after Brooklyn neighborhoods, are 50 feet by 80 feet, they are able to combine into a larger field like this one. ALL PHOTOS SOCCEROOF

Socceroof brings torpedoes back to Sunset Park

Housed in a former torpedo assembly factory in Brooklyn, Socceroof offers 24/7 access to indoor soccer fields and great views of NYC.

NIKKI M. MASCALI
nikki.mascali@metro.us

Before it was the former headquarters of the oil company from which it gets its name, the Whale Building on the Sunset Park waterfront was a torpedo assembly factory. Starting this week, a whole new kind of torpedo is set to return there as the very first Socceroof kicks open its doors.

Socceroof is the city's first indoor soccer-only facility, which meant many soccer clubs were previously "renting basketball courts in a gym," General Manager Jonathan Lupinelli told Metro during a tour last week.

Now, soccer players of all ages can have round-the-clock access to the 10 fields at Socceroof, which are all named after Brooklyn neighborhoods and are 50 feet by 80 feet, with the ability to combine into a larger field.

While the Whale Building is unique in and of itself, Socceroof's 70,000-square-foot span on the third floor is a bit of a real-estate unicorn.

"Finding a column-free space of this size in New York is super-hard," Lupinelli said. "It took us a while to find the space."

Add in the vision to also offer a rooftop space and a full-service bar, and it's no wonder it took more than a year for Socceroof to have its official kickoff in Sunset Park.

Socceroof may be unique to New York, but the concept "is huge in Europe," Lupinelli explained. "There are probably 200 to 300 in France alone."

Socceroof's founder, Jean David Tartour, started the trend with Le Five in the early 2000s and quickly set his sights on soccer's ever-growing popularity in America.

"This is the first of many," Lupinelli promised. "We hope two years from now to have three to four in New York and then expand to rest of the United States and Canada."

While it's too soon to tell where the next Socceroof locations in New York will be, Lupinelli said there are "a few possibilities in Bushwick and Astoria."

5 Fast facts about Socceroof

- Socceroof is located on the third floor of the Whale Building at 14-53rd St. in Sunset Park, Brooklyn.
- It features 10 small 50' x 80' fields with flexibility to combine two or three fields.
- Fields are synthetic grass materials.
- Facility includes locker rooms, restrooms, a bar, café and outdoor deck.
- Games start at $110.

Socceroof offers leagues for kids, adults and businesses as well as private events and even a full-service bar and rooftop space.

Feet Hurt? Bunions? Hammertoes? Heel Pain?
Platelet Rich Plasma Therapy (PRP)
A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasciitis (Heel and Arch Pain)
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Relief For Chronic Heel Pain
■ My toenails are streaked, discolored and thickened.
■ The sides of my toenails dig into the skin and hurt.
■ I have a large bump behind my big toe (or little toe) which is always red.
■ I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
■ My toes aren't straight- they are all cocked-up, bent and hurt.
■ I have painful calluses on the ball of my foot which keep building up.
■ I have corns on my toes which get thick no matter what shoe size I wear.
■ The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
■ I have cramps in my legs which always happen when I walk the same distance.
■ My ankles are swollen most of the time.
■ My feet are always dry and scaly – sometimes they itch.
■ My feet just hurt all over when I stand or walk a lot.
■ I have numbness, burning, infection, persistent pain, skin rash, or open sores.
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Doctors Urge Knee Pain Sufferers

"Don't Get ANY Surgery Until You SeeThis…"

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

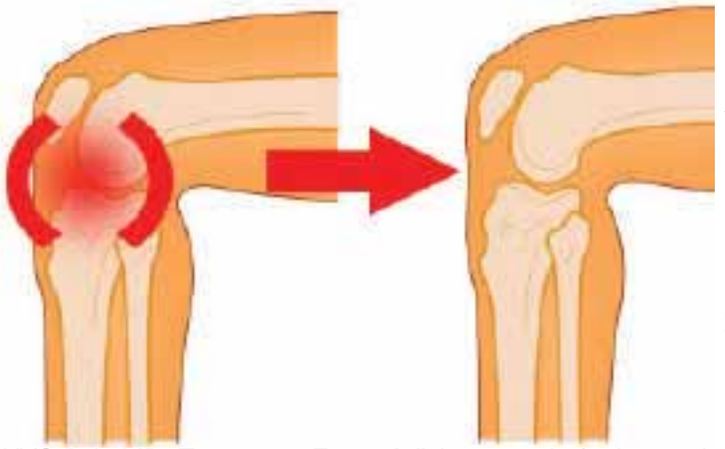
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

NYC PAIN MD

www.PainMDNY.com

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GETTY IMAGES

More affordable housing in New York City will soon be reality

Over 31,000 new units will be available in New York by 2020.

ANNA HARSTEDT
letters@metro.us

New York City is currently seeing a construction boom in affordable housing, and the region's landscape is changing rapidly as a result.

According to a new report from Localize.city, a platform that provides neighborhood insights based on New York City data, the city has already seen more than 12,800 new housing units open in the first half of 2018, and another 31,000 are expected to open by 2020.

"Altogether, more than 90,000 units have been built and are projected between 2016 to 2020," said Localize.city data scientist Israel Schwartz in a statement.

The report shows that more focus is being put on neighborhoods across all five boroughs — in fact, the only Manhattan neighborhood where new units are being added is in the Lower East Side. Nearly 60 percent of the new units are opening in Brooklyn or Queens.

"With Manhattan prices continuing to rise, the demand for these neighborhoods has continued to grow, providing more incentives for new construction. Changes in terms of safety and amenities, like restaurants, bars and yoga studios, combined with good access to Manhattan have made these neighborhoods more desirable," Localize.city President Steve Kalifowitz told Metro.

Long Island City is ranked first among the top 10 neighborhoods for development and by 2020, it's expected to welcome nearly 6,400 new apartments. Greenpoint in Brooklyn is expected to take a big jump from fewer than 70 units at the beginning of this year to more than 2,600, all thanks to the great interest in the Greenpoint Landing megaproject.

Williamsburg and Astoria are also expected to see large numbers of new units.

So, what's driving the construction boom in New York? Kalifowitz explains that much of it has to do with the major amount of permits filed by developers in 2015, when there was a rush to get them in before the state's 421-a tax abatement expired in January 2016. Many of the developments that are under construction now are the result of those permits and the number of units under construction is now waning.

As these projects wrap up, however, the number of units that are hitting the market is still on the upswing.

Kalifowitz explains that there are many implications, both good and bad, that follow with these growing units.

"New constructions could mean different things in different neighborhoods," Kalifowitz said. "One looming concern is school overcrowding. In Long Island City, for example, we highlight that while three new public schools are being built, it's likely that they will be overcrowded by the time they open."

In the short term, there will be nuisances that come with construction projects that the residents may have to deal with, including noise and dust. In the long term, the increased units could result in overburdened infrastructure, from the transportation system to the sewers, as well as gentrification displacement, overcrowded schools, a change in architectural style within a neighborhood, and a worsened traffic situation.

Kent Street in Greenpoint is an example. The street is already overcrowded with traffic so it's hard to imagine doubling the population without making a significant impact on the neighborhood and commuters alike.

While transit, schools and parks might become more crowded, some areas might see new modes of transportation added, expanded schools and renovated public spaces. The increased number of units will also result in more affordable housing opportunities that will improve New York residents' living standards.

"Too often, people don't know about planned projects, nor can they easily understand the implications of how those projects might affect their quality of life," Kalifowitz said.

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After years of surgical and medical training and experience with kidney stones, we understand how to work with patients to ensure they receive the best care possible. Our thoughtful and personalized approach combined with the best technology makes us the Top Kidney Stone Center in the New York.

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The Medical Director of urology is **David Shusterman, MD**. Dr. Shusterman is a board certified urologist who specializes in state of the art compassionate kidney stone treatment.

Safe, effective ways to treat kidney stones

Anyone who has ever suffered from kidney stones knows just how painful it can be. It's little wonder that more than half a million people go to the emergency room for kidney stone problems every year, according to the National Kidney Foundation.

So what are kidney stones? They're essentially hard mineral deposits that form inside the kidneys. When the fluid in urine is unable to break them down, they'll pass through the ureter and bladder—which is generally a painful process. There's a wealth of anecdotal reports likening kidney stone pain to that of childbirth. The truth is that no two cases are alike, but early diagnosis is critical when it comes to getting ahead of it. Many times, this comes down to understanding the specific risk factors that might make you more likely to develop kidney stones. Family history, frequent dehydration, certain dietary issues, and obesity are all on the list. Board Certified Urologist Dr. David Shusterman of NY Urology takes a proactive approach. Thanks to a mix of preventative medicine and some simple lifestyle changes, you may be able to prevent kidney stones before they ever develop.

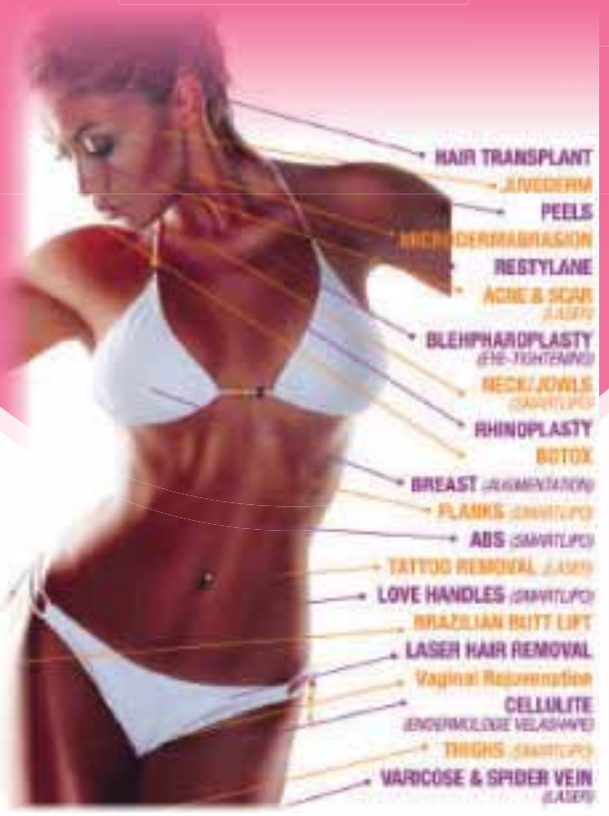
If a kidney stone is already in motion, Dr. Shusterman's expert team can quickly identify it using ultrasound imaging, then get things moving with innovative treatment options that have made NY Urology a nationally recognized leader in the field. He leads with holistic medicine with the goal being to break down kidney stones so that they can pass as naturally and easily as possible. NY Urology provides a cutting-edge, noninvasive treatment called extracorporeal shock wave lithotripsy (ESWL), which relies on sound waves to break apart the stones via focused vibrations. The in-office procedure is completely safe, and recovery is typically pretty swift.

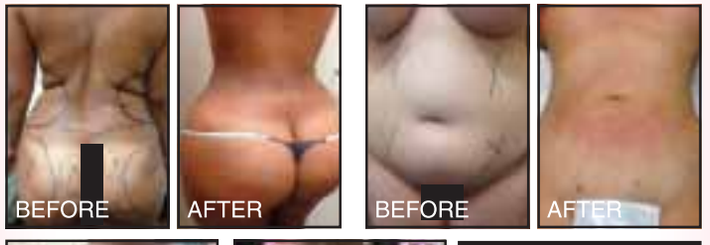
Another option is placing something called a nephrostomy tube into the kidneys. This plastic catheter essentially lets urine drain directly from the kidneys during the treatment process. The result is near-immediate pain relief because you're eliminating backed-up urine and helping things flow more easily. A ureteral stent works in much the same way, bolstering the body's ability to drain urine and, in turn, safely encouraging the natural healing process. The soft plastic stent is temporarily placed directly into the ureter to help urine flow more freely. When ureters are blocked up by kidney stones, pain and discomfort are on the horizon. Stents open these passages.

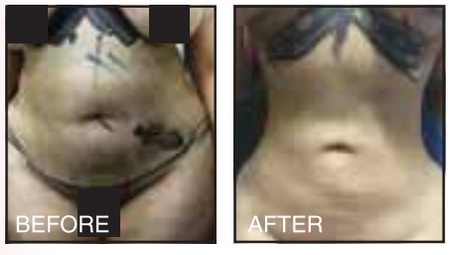
When all else fails, NY Urology also specializes in minimally invasive surgery using a device called a ureteroscopy to eliminate painful, stubborn kidney stones. Making its way through the urethra and bladder, and into the ureter, the device zeros in on the kidney stone and swiftly removes it. The best part is that it's a fairly straightforward outpatient procedure that requires no incisions. In extreme situations where the stone is too large to remove with a ureteroscopy, Dr. Shusterman may call on a more in-depth procedure that involves a small incision in the back. The upside here is that the success rate is high, helping patients safely get rid of large kidney stones in one fell swoop.

Whether you're looking to prevent kidney stones or address one that's already wreaking havoc, NY Urology is your best resource. Book an appointment today with Dr. Shusterman, located at *800 Second Avenue on the corner of 42nd Street. Call* **(212) 991-9991** and start mapping out a plan for living a pain-free life without kidney stones.

THE RESULTS SPEAK FOR THEMSELVES!







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Manhattan subway bomber was not part of Islamic State, lawyer says

GETTY IMAGES

The trial of Akayed Ullah, accused of using a weapon of mass destruction, began Tuesday.

The man accused of detonating a bomb in a New York City subway passageway on behalf of Islamic State last December was a troubled individual who committed a serious crime but not a terrorist, his lawyer told jurors in a Manhattan federal courtroom on Tuesday.

In her opening statement on the first day of Akayed Ullah's trial, Julia Gatto readily told jurors that they should find her client guilty of setting off the bomb, which did not kill anyone. However, she said they should acquit him of the charge that he supported Islamic State, which is designated a terrorist organization by U.S. authorities.

"This case is not about a foreign terrorist organization planting an operative in our midst," Gatto said. "What this case is about is a deeply troubled, isolated young man who wanted to take his own life."

Ullah, a 28-year-old immigrant from Bangladesh, was arrested last December after detonating a homemade bomb in a pedestrian tunnel connecting two subway lines and a bus terminal in Midtown Manhattan. He has been charged with six criminal counts, which include using a weapon of mass destruction and providing material support to Islamic State.

"This case is not about a foreign terrorist organization planting an operative in our midst. What this case is about is a deeply troubled, isolated young man who wanted to take his own life."

Julia Gatto

Gatto's statement came after Assistant U.S. Attorney Rebekah Donaleski laid out the prosecutors' case, telling the jury that Ullah's act was inspired by Islamic State propaganda he found online.

Donaleski said Ullah built a bomb out of a pipe taken from a construction site where he worked as an electrician, using match heads and sugar as explosives and screws as shrapnel.

"The defendant was inspired by ISIS," Donaleski said, using the Islamic State acronym. She said a search of Ullah's computer revealed that he had viewed propaganda urging supporters unable to travel to join Islamic State to carry out "lone wolf" attacks wherever they live.

Donaleski told the jury that, while on his way to carry out the attack, Ullah posted on Facebook: "Trump you failed to protect your nation," followed by an Arabic message that she said expressed support for Islamic State.

Gatto countered that the prosecutors "give far too much credit to an organization that deserves none."

"Tooling around on the internet does not make you an ISIS member," she said. "He does not know a single ISIS member and not a single ISIS member knows him."

Ullah, Gatto said, was not thinking rationally and wanted only to kill himself in a way that would "send a message."

REUTERS

the GRUMBLE

ISTOCK

Tell us what you think!
@metro newyork

Pat King
Grumble Editor

READER WRITE-INS:

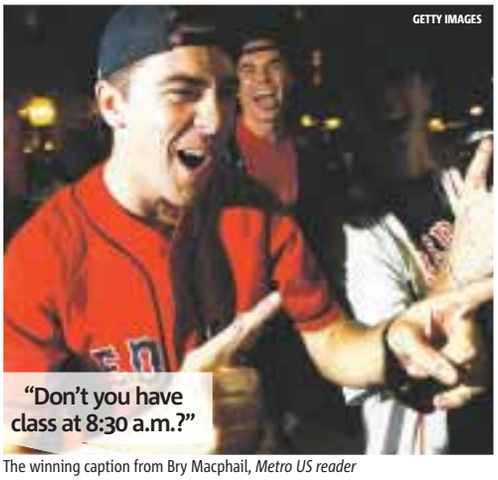
PHONES AT CHURCH? COME ON!
Forget about all those other places, how about at CHURCH and funerals. Why on Earth do you think you are that important that your phone can't be silenced for at least 90 minutes? In the middle of the sermon or the eulogy, you just have to take that call. Excuse me, God's word is being spoken at both the church and the funeral. How freaking rude. Maybe at your funeral, everyone will just turn their phones on and get texts, calls and alerts throughout the entire event. What goes around, eventually comes around — and should.
— **Sheryl**, *Metro NY reader*

BACKPACKS ON THE TRAIN: THANKS FOR THE NOTE!
I was reading last Thursday's Grumble and noticed one of my fellow commuters wondering just what was in the "gigantic" backpacks people wear on the subway. That grumbler, James, wasn't actually far off in his speculation, as I usually load up my backpack with bottled water. It's a lot cheaper to buy a case and bring in a few bottles every day than it is to buy single bottles at the vending machine. As for the extra space backpacks take up on the subway, some riders don't realize they're creating an inconvenience, and others just don't care. For what it's worth, I will do my part and make sure to take off my backpack when I enter a crowded subway car. Thank you for the Grumble, James.
— **Matthew**, *Metro New York reader*

VENT TO US!
GRUMBLE@METRO.US

#metronewyork *caption this photo*

Every day we will post a new photo and give you the chance to send in the funniest caption to go along with it. We'll publish the best caption the following day. Send us your best ideas to **@metronewyork @metroboston @metrophilly**



The winning caption from Bry Macphail, *Metro US reader*

TOMORROW'S PHOTO:

GETTY IMAGES

metro.us/horoscopes

Aries A change of heart will make you question what you want to do next. Consider what's transpired to figure out the best way to move forward. Secure your personal finances.

Taurus Don't act on an emotional whim. Taking matters into your own hands when you don't have all the facts will lead to errors. Consider how to move forward without suffering loss.

Gemini Make lifestyle changes that will add to your convenience and comfort. Altering how or where you live or work is favored.

Cancer Don't feel that you must buy friendship or love. Your kindness and understanding are sufficient. If someone expects you to pay his or her way, reconsider the relationship.

Leo Go over details. If something doesn't seem right, put a halt on your plans. Making a mistake will cost you more time and money than slowing down and doing things properly.

Virgo Don't try to change the people around you. If you look inward and do a little soul-searching, you'll discover that the best change begins within.

Libra Use your experience, knowledge and persuasive way with words to get what you want. Don't hesitate to take physical action to get things done.

Scorpio Give people a chance to voice their opinions. Look for a way to satisfy everyone without giving up too much. An incentive will deter an argument that could stifle progress.

Sagittarius Use common sense when dealing with institutions, government agencies and personal money matters. Don't feel you must make a hasty decision if you don't have all the facts.

Capricorn A joint venture should be studied carefully. Don't act when you are under stress. Wait until you feel comfortable with what's happening. Take a pass if someone pressures you.

Aquarius An unexpected change of plans will leave you at a loss. Don't give in to someone trying to coerce you into doing something. Say no and do your own thing.

Pisces Seeing is believing. Ask questions and get your facts straight before moving forward. A chance to get ahead is present if you negotiate on your own behalf. EUGENIA LAST

BROADWAY

Live on Broadway

No tricks, just treats

Score these Halloween freebies on the big night.

EVA KIS
eva.kis@metro.us

Get a free traditional cookie at Insomnia Cookies on Halloween. FACEBOOK

The weather is warming back up in time for Halloween, making it the perfect night to stop by any **Big Gay Ice Cream** location for a free cone of your choice — if you're dressed as a unicorn. For you esoteric trick-or-treaters, come by their newest location in the Seaport District dressed as a narwhal to get a free cone. *biggayicecream.com*

Not afraid to get a little gross? This Halloween, all **Meatball Shop** locations are serving free Bloody Eyeball Jello Shots to anyone in costume. The Bloody Eyeball is made with lychee vodka, cranberry juice, cherry juice and a lychee "eyeball" garnish. *themeatballshop.com*

Got a great costume? Take yourself to any **Chipotle** location and snap a pic, post it on Instagram with the tag @chipotle, and if you're voted Best Dressed, you'll win a year of free burritos. For the rest of us, the Boorito deal is back: Get any burrito, bowl, salad or tacos for $4 from 3 p.m. until closing if you come in costume. Slackers can also get the same deal through the Chipotle app or online by using the code BOORITO. *chipotle.com*

Turn a meme into green. One of the most ludicrous (if healthy) memes of 2018 is Women Laughing Alone With Salad, and if you're feeling inspired then come to any **Just Salad** location dressed as either a salad or a girl (or boy!) laughing with a salad to score a free real salad of your choice. *justsalad.com*

The best house on Halloween is the house with the full-size candy, and we've got your hook-up. **JetBlue**, which prides itself on full-size sodas and unlimited brand-name snacks in the sky, is inviting trick-or-treaters of all ages to its JetBoo House in Fort Greene Park, where you can snag a proper candy bar from 3-8 p.m. *85 S. Oxford St., Brooklyn*

Bloody Eye Jello Shot at the Meatball Shop. PROVIDED

If you're not planning to leave your apartment, **Cheesecake Factory** is bringing the party to you. On Wednesday, place an order of $30 or more through DoorDash and get a free slice of Reese's Peanut Butter Chocolate Cake Cheesecake or Hershey's Chocolate Bar Cheesecake with code TREATORTREAT. *thecheesecakefactory.com*

Come in costume to any participating **BurgerFi** location and get a free small custard or small fries. *burgerfi.com*

Grab an **Insomnia Cookie** at any location while wearing a costume on Halloween and get a free traditional cookie. It has to be a proper costume! *insomniacookies.com*

And if you're in Penn Station, visit NYC's one lonely **Krispy Kreme** in costume to score a free doughnut of your choice. *krispykreme.com*

"THIS FALL'S COLOSSUS"
— THE WASHINGTON POST

The epic modern myth comes alive on Broadway through an innovative mix of animatronics, puppetry, music and stagecraft. *KING KONG* follows the ambitious young actress Ann Darrow and the maverick filmmaker who promises to make her a star. Together, they voyage from the bustling streets of 1930s New York to an uncharted island to capture the world's greatest wonder. At the center of this 21st-century theatrical reimagining: a 20-foot-high, 2,000-pound gorilla and the woman who risks everything to help him.

Directed and choreographed by Olivier winner Drew McOnie (*In the Heights*), *KING KONG* features an electrifying new score by Marius de Vries (*La La Land*) and Eddie Perfect (*Beetlejuice*, the upcoming musical), and a book by Jack Thorne, the Tony® and Olivier Award-winning writer of *Harry Potter and the Cursed Child*. Don't miss this exhilarating, emotional encounter with a legend that's always been too big to contain.

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PHOTO ON THE LEFT BY MATTHEW MURPHY.
PHOTO ON THE RIGHT BY JOAN MARCUS.

Brooklyn bar gets a *backyard sauna*

The 10-person sauna is just one of the ways Bushwick's Nowadays is making its outdoor space cozy this winter.

EVA KIS
eva.kis@metro.us

Nowadays has an indoor bar and has weatherproofed its backyard bar, too.

The HotBox Mobile Sauna welcomes guests starting Nov. 2. ALL PHOTOS PROVIDED

As winter starts to bite, New York restaurants and bars are bringing in their sidewalk tables and closing up patios. But Brooklyn's Nowadays isn't shutting down its backyard — it's turning it into a cozy escape with a large yurt, newly enclosed bar with hot cocktails and, most invitingly, a sauna.

"We've really been thinking about how we've had this great outdoor space and it feels silly to go into hibernation," says Justin Carter, owner and resident DJ at Nowadays. A landscape architect friend of his who also helped design the High Line created the Bushwick bar's backyard to be more like a park rather than a beer garden.

And it's a bit of a personal perk for Carter: "I like to go to Spa Castle and the Russian & Turkish baths in the East Village, and one day it's a life goal of mine to have my own sauna so that every morning, I can go out and have my morning shvitz and then get on with my day."

The HotBox Mobile Sauna is a 144-square-foot roving oasis that's been to all five boroughs — like a meditation truck, because even wellness is on-the-go now. The sauna fits 8 to 10 people at a time and heats up to 180 degrees. Your session includes a towel and a cool shower after the experience; robes are either BYO or rent one for $3.

A sauna session will require a little modesty. There's a private changing area, but your sweat session will be the entertainment (and envy) of the rest of the backyard. The Hotbox is open for business Friday through Sunday beginning Nov. 2 through at least the end of December. Reservations are $40 per person for 90-minute sessions (late-night sessions run to 4 a.m. on Fridays and Saturdays for $20 per person) at comegethot.com.

In addition to the HotBox Mobile Sauna, Nowadays has also enclosed its backyard bar area, with a new menu of hot cocktails featuring classics like the Hot Toddy and new creations like the Chaider, a chai-spiced cider. A heated yurt with Moroccan cushions and ottomans to sit on fits about 20, and some of the outdoor tables are staying put with blankets for sunny days.

"In Germany, when it's a sunny day, every establishment sets up all their outdoor seating, because even if it's cold, people want to be in the sun," says Carter. "Just as long as you're dressed warmly and you give people something to warm themselves up with."

Nowadays is located at 56-06 Cooper Ave. in Bushwick on the Ridgewood border. Outdoor hours are Fridays, 5 p.m.-4 a.m. (happy hour until 8 p.m.), and Saturdays, 2 p.m.-4 a.m.

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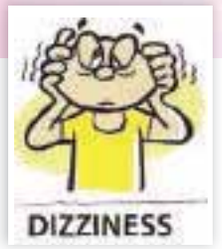

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Dana Gould goes big for 'Stan Against Evil' season 3

The creator teases a Godzilla episode and more this season.

MATT JUUL
matthew.juul@metro.us

Dana Gould gets us ready for "Stan Against Evil" season 3. GETTY IMAGES

Dana Gould has some big plans in store for "Stan Against Evil" season 3, which debuts on IFC Halloween night.

The hit horror-comedy series gave fans an epic finale for season 2, with John C. McGinley's Stan Miller effectively opening a portal to hell in Willard's Mill with his time-traveling antics to save his late wife Claire. Stan and sheriff Evie Barret (Janet Varney) will have to deal with the repercussions in season 3, and according to Gould, things are about to get even wackier on the show.

"This year, we take a big leap in terms of the tone of the show," Gould tells Metro. "I just think it's bigger and crazier and funnier than it's every been."

The series' creator reveals that season 3 will pay homage to several horror icons this year, including a certain, famous giant monster.

"We have some really big, crazy episodes," says Gould. "We managed to do a Godzilla episode.

"Trust me, it's great," he adds. "We have a Godzilla episode, we have evil puppets, we have a haunted hospital — we have a lot of great standalone episodes. And the story moves along as well."

Working on "Stan Against Evil" has been a dream come true for the veteran comic and "Simpsons" alum. As a longtime horror fan, Gould admits that "this is the show I've always wanted to do" since he's such a "monster-movie nut."

"I'll never ever have another job where I get to indulge my fanboy side as much as I do here," says Gould. "It is literally the perfect job."

Gould reveals that he was inspired by shows he loved as a kid, like "Dark Shadows" and "Night Gallery," as well as later works like "The X-Files."

"I had an idea of, what if I wrote a straight-out horror show and then put right in the middle of it a character that didn't belong there?" says Gould. "It took me decades to come up with an idea that simple."

"Stan Against Evil" season 3 premieres Wednesday, Oct. 31, at 10 p.m. on IFC.

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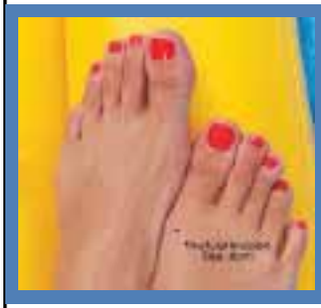

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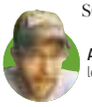
Michael Kelly opens up about his final turn as Doug Stamper.
DAVID GIESBRECHT/NETFLIX

Doug Stamper, director?

Michael Kelly almost directed an episode of "House of Cards" this season.



ANDREW HUSBAND
letters@metro.us

Ever since the first season of "House of Cards," Doug Stamper (Michael Kelly) has been a silent, deadly and domineering presence in the Netflix series. President Frank Underwood's (Kevin Spacey) ever-faithful assistant did just about anything the boss asked of him, be it murder or taking the fall for something else.

Now confined in a psychiatric ward and without Frank to guide him, Doug must contend with President Claire Underwood's (Robin Wright) rise to power, which may or may not have included a significant sleight against her late husband's right-hand man. Kelly, an acting veteran who recently produced his first film, "All Square," spoke to Metro about his final turn as Stamper. He also opened up about the fact that, before Spacey's firing, he almost directed an episode.

"I was going to direct this season, but when we went from 13 to 8, I lost my slot, which was tough," he says while conversing about performers who do (and do not) watch themselves on screen. Kelly actually doesn't mind watching his past performances, and he even went back and watched the previous five seasons of "House of Cards" as a sort of "homework assignment."

"I feel that, when watching yourself, you can actually learn a lot," he explains. "I'm an actor who doesn't mind it at all. I actually want to watch it, to see how I did and figure out which things I need to fix. It's all to make sure I'm not getting into bad habits or getting lazy. I think it's a great learning tool for an actor."

It's also a great tool for learning how to direct, be it for television or film.

"I haven't directed anything since I was in college, and that was a play," he says. Once Spacey was fired and the production had to regroup, however, Kelly lost his slot when the episode order was reduced. But, as he said before, he doesn't mind at all.

"I completely understood and I had no problem saying, 'Okay, that's fine. I totally get it.' It's something that I want to do, but I would only do it once I felt comfortable with the crew," he tells us. "I want to have that shorthand with the crew. It's an incredibly difficult job, but it's one that Robin Wright just kills at doing. Watching her grow over the years as a director has been amazing. Her first time doing it was on 'House of Cards,' and by the time we had wrapped, she had directed almost more episodes than any other director on the show."

As much praise as Kelly has for Wright's direction and acting, not to mention all the hard work of his fellow cast members and the crew, he can't escape the acclaim others have given him for his performance. For much of "House of Cards," Stamper has been one of the more frightening and least understood players in the game. Much of this has to do with creator Beau Willimon, current showrunners Melissa James Gibson and Frank Pugliese, and the writer's room, of course. But it also owes everything to Kelly, who describes the experience as the acting lesson of a lifetime.

"It's difficult to do as an actor, but it's an incredible exercise," he says of playing Stamper, who tends to express himself nonverbally. "You have to be able to say something without saying anything. It was one of the best exercises I was ever given, and I'm so grateful to have played this character. It was just such an incredible acting lesson."

HOME

5 Gadgets to help you focus in the office

With social networks and internet, it's quite difficult to remain focused during work hours. However, there are several gadgets to help out. Metro highlights the best of them. DANIEL CASILLAS, MWN

The EnergyPod

A nap could help you regain energy in the middle of a long working day, and now it's possible to do that in the same workspace thanks to the EnergyPod, the world's first chair designed for napping in the workplace. This futuristic piece of furniture is designed to offer an energizing 20-minute nap. It features a chaise lounge seat so you can put your feet up and a spherical cover that offers total privacy, plus it has a console with a status indicator that communicates when the EnergyPod is free.

Luxafor LED

Staying focused in the office is not always up to you; you can also be distracted by your co-workers. To avoid that, Luxafor LED was developed. A simple but very efficient gadget in the form of a small LED light that can be placed on the back of your computer: red light indicates that you are busy and do not want to be interrupted. Once you are available to talk or interact with your peers, you can change the light to green.

ALL PHOTOS PROVIDED

Saent

Social media and other websites could become distracting factors. Saent helps you reclaim your work-life balance, find your optimal rhythm, and build healthier and more productive habits. Pressing the Saent button starts a focused work session, instantly blocking out any digital distractions.

Lounge Chair

Having privacy in your workspace can be very helpful in keeping you focused. The Quiet Time Privacy Lounge Chair can help you to create a quiet space anywhere in an open office. This chair is upholstered in 100 percent woven polyester fabric, and both sides feature rather enormous wings coming out at 90-degree angles. They extend from the seat in an upward direction to conceal your entire upper half.

Wear Space

Panasonic design studio Future Life Factory created a gadget that could help you to focus. The Wear Space is a device designed to aid concentration by limiting your senses of sight and hearing. By controlling your field of view, it instantly creates a personal space. It's as simple to use as putting on an article of clothing. The gadget can be adjusted based on the level of concentration you desire.

MANHATTAN
HAMILTON HEIGHTS
RE-OPENING WAITING LIST

Joseph J. Yancey, HDFC is a 66 unit building including 65 units designated for the elderly 62 and older and elderly who are mobility disabled located at 140-146 West 142nd Street, New York, NY, is pleased to announce that applications are now being accepted for the waiting list for renting to those with limited income. Qualifications will be based on income guidelines

Occupancy Guidelines:

Family Size*	Apt. Size	Monthly Tenant Portion of Rent*	Total Maximum Gross Annual Income**
1	Studio	Eligible resident pays 30% of income	$36,550
1-2	1 Bedroom	Eligible resident pays 30% of income	$41,750

Subject to occupancy standards

* Includes gas for heat and cooking

** Income guidelines subject to change

Monthly rent is based on 30% of the family's total household income (as per US Dept. of Housing and Urban Development regulations) and includes gas for cooking.

Completed application must be returned by regular letter sized mail only (Priority, certified, registered, express or overnight mail will not be accepted) to a post office box number, or its equivalent, that will be listed with the application and **must be postmarked by December 14, 2018.** Applications postmarked after **December 14, 2018** will be set aside for possible future consideration. Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Duplicate applications will not be accepted. Qualifications will be based on Section-8 Federal guidelines and additional selection criteria.

APPLICANTS WILL BE REQUIRED TO MEET SECTION 8 CRITERIA and WILL BE REQUIRED TO SUBMIT TO A CREDIT & BACKGROUND CHECK & ADDITIONAL SELECTION CRITERIA

To request an application, it can be downloaded from www.phippsny.org, https://phippsrentals.com/properties/joseph-j-yancey/ or by mailing only a postcard no later than November 30, 2018:

Joseph J Yancey, HDFC
902 Broadway, 13th Floor
New York, NY 10010

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Is this what the *future of cities* looks like?

World Cities Day is observed on Oct. 31 with the motto "Building sustainable and resilient cities." Metro investigates how the places we live in will evolve. MIGUEL VELAZQUEZ / MWN

The present world communicates and connects through technology. ISTOCK

The commemoration of World Cities Day was established by the United Nations with the aim of promoting interest in urbanization and cooperation among countries to take advantage of opportunities and address the challenges posed by urbanism, as well as to contribute to sustainable urban development around the globe.

One of the 2030 objectives is for cities to apply models of sustainable development. Malcolm Tait, researcher at the Department of Urban Studies and Planning at the University of Sheffield, U.K., thinks that cities "will continue to be exciting places to live, often vibrant, diverse and changing."

"However, there is also a danger that they will become more unequal, with enclaves zoned for the rich and a much larger population that works in precarious jobs and has poor housing. The good planning of cities will be key to guarantee that cities grow in a sustainable way and include everyone," he explained.

Sustainability will go hand in hand with technology

Currently, many cities and communities face challenges such as military conflicts, natural disasters, failures of government systems and severe economic problems. According to the United Nations, until 2015, about four billion people (54 percent of the world's population) lived in cities. It is expected that by the year 2030, this number will increase to five billion.

Although geographically, cities only occupy 3 percent of the Earth, they represent between 60% and 80% of the energy consumption and 75% of the carbon emissions. That is why sustainability and resilience are key issues.

And while important steps have been taken to improve sustainable development, "there are still important challenges and it is increasingly evident that we must act quickly," Tait added.

"This includes changing the way we travel through cities, ensuring that high-quality green spaces are produced and maintained, that industrial development is much less polluting and, ultimately, that we seek to consume less and not more in our daily lives. Emerging technologies can help in certain areas, but what is also needed is political will and a change in the way we live, produce and consume."

What prevents us from moving forward?

More than 190 countries in September 2015 adopted the document "Transform Our World: The 2030 Agenda for Sustainable Development," which establishes the 17 Sustainable Development Goals (SDGs) with the objective to end poverty, fight against inequality and injustice and tackle climate change without leaving anyone behind by 2030.

However, there are key challenges to achieving these goals. Among them is to "ensure growth and development that are inclusive and sustainable."

"This requires a greater awareness of the risks of not developing in this way, and a shared sense of political will," Tait concluded. "However, with ambition, clear thinking, sensitive planning and widespread public awareness, not only of the challenges but also of the potential solutions of sustainable development, we can create better cities."

QUEENS
WOODSIDE
RE-OPENING WAITING LIST

WOODYSUN, HDFC is a 78 unit building including 77 units designated for the elderly 62 and older and elderly who are mobility disabled located at 44-20 64TH Street, Woodside, NY, is pleased to announce that applications are now being accepted for the waiting list for renting to those with limited income. Qualifications will be based on income guidelines

Occupancy Guidelines:

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1	Studio	Eligible resident pays 30% of income	$36,550
1-2	1 Bedroom	Eligible resident pays 30% of income	$41,750

Subject to occupancy standards

* Includes gas for heat and cooking

** Income guidelines subject to change

Monthly rent is based on 30% of the family's total household income (as per US Dept. of Housing and Urban Development regulations) and includes gas for cooking.

Completed application must be returned by regular letter sized mail only (Priority, certified, registered, express or overnight mail will not be accepted) to a post office box number, or its equivalent, that will be listed with the application and **must be postmarked by December 14, 2018**. Applications postmarked after **December 14, 2018** will be set aside for possible future consideration. Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Duplicate applications will not be accepted. Qualifications will be based on Section-8 Federal guidelines and additional selection criteria.

APPLICANTS WILL BE REQUIRED TO MEET SECTION 8 CRITERIA and WILL BE REQUIRED TO SUBMIT TO A CREDIT & BACKGROUND CHECK & ADDITIONAL SELECTION CRITERIA

To request an application, it can be downloaded from www.phippsny.org, https://phippsrentals.com/properties/woodysun/ or by mailing only a postcard no later than November 30, 2018:

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1	Studio	Eligible resident pays 30% of income	$36,550
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Subject to occupancy standards

*includes cooking gas **income guidelines adjusted for family size

Monthly rent is based on 30% of the family's total household income (as per US Dept. of Housing and Urban Development regulations) and includes gas for cooking.

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Giants stand pat at trade deadline

Big Blue's fire sale fails to live up to expectations.

JOE PANTORNO
joseph.pantorno@metro.us

Giants cornerback Janoris Jenkins was expected to be dealt before the league's 4 p.m. ET deadline yesterday. GETTY IMAGES

The New York Giants stood pat at the trade deadline, which passed at 4 p.m. ET on Tuesday afternoon, as the team opted to make no further moves.

As of last week, the Giants looked like they were on the verge of completely cleaning house after trading cornerback Eli Apple to the New Orleans Saints and defensive tackle Damon Harrison to the Detroit Lions.

Both trades brought picks back in return as the Giants now have nine total selections in the 2019 NFL Draft alone.

It was believed to be just the beginning of New York's trades as trade rumors swirled around notable names like veteran quarterback Eli Manning, cornerback Janoris Jenkins and safety Landon Collins.

While the end of Manning's tenure as Giants starting quarterback is near, the 37-year-old opted to exercise his no-trade clause, ensuring he remains with the Giants at least through the end of the 2018 season.

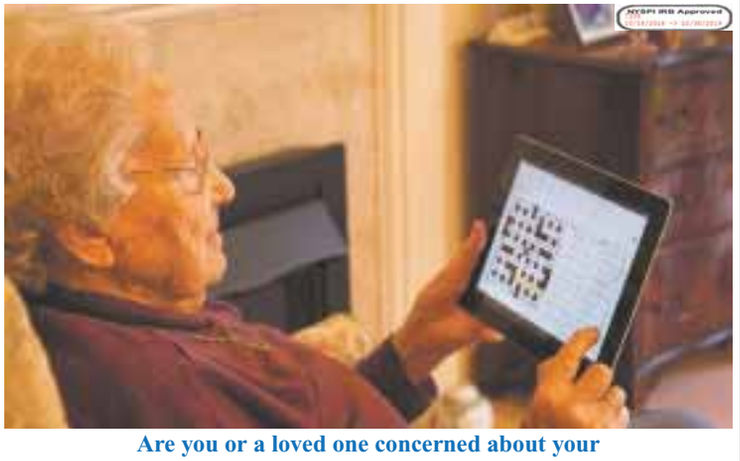
Collins, who becomes a free agent this winter, has not made any headway with the organization about a possible contract extension. Still, the 24-year-old is believed to be the centerpiece of the defense for years to come.

Jenkins was seen as the most likely to be dealt on Tuesday, the 2016 All-Pro garnering plenty of interest from teams like the Kansas City Chiefs, Pittsburgh Steelers, Philadelphia Eagles and New England Patriots.

He'll carry a cap hit of $14.75 million in both 2019 and 2020 before hitting free agency, which made his contract a prime deal to trade before Tuesday afternoon.

For an organization that's now facing a complete and total rebuild, that contract will be an albatross to deal with moving forward.

HEAR FROM NEW METS GM BRODIE VAN WAGENEN AT **METRO.US/SPORTS**



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Giants backup QB Lauletta arrested

Eli's No. 2 failed to obey police officer.

JOE PANTORNO
joseph.pantorno@metro.us

Giants backup quarterback Kyle Lauletta was arrested on Tuesday morning in New Jersey. GETTY IMAGES

New York Giants backup quarterback Kyle Lauletta was arrested on Tuesday morning when he almost struck a police car while driving to the team's training facilities, as first reported by Ryan Dunleavy of NJ.com.

Dunleavy initially reported that the 23-year-old failed to obey a police officer's traffic directions before almost hitting his vehicle. NFL Network's Mike Garafolo revealed that Lauletta accelerated through the officer's order to stop, nearly hit the crop and another car, cut off multiple other cars and then failed to comply with police by refusing to roll his window down or step out of the vehicle.

The timing could not have been any worse for Lauletta, who is on the verge of making his regular-season NFL debut in 2018. He has been inactive for most of the season, but the 1-7 Giants are going nowhere, which could have provided him with an extended tryout during the second half of the season.

Tuesday was a veteran day for starting quarterback Eli Manning, which would have led to Lauletta taking an abundance of snaps with the first-team offense.

In four preseason appearances after being drafted in the fourth round out of Richmond, Lauletta completed 17-of-35 passes for 194 yards, a touchdown and two interceptions. He was the Senior Bowl MVP prior to the draft and Richmond's all-time leader in total offense with 10,422 yards.

With the struggles of Manning behind an offensive line that gives him little to no time in the pocket, Lauletta provides a more athletic option that could at least extend the play in order to find the likes of Odell Beckham Jr. and Sterling Shepard.

Lauletta will likely face disciplinary charges by the team, which is on a bye week, upon his release, which suggests that Manning is going to remain under center for the foreseeable future, much to the chagrin of many Giants fans.

Through eight games, New York's scoring offense ranks 25th in the NFL and their nine passing touchdowns rank 27th. The immobile Manning has been sacked a league-leading 31 times behind his poor offensive line. Only the Cleveland Browns have allowed more this season.

Knicks might have something in THJ

Year 2 of the Tim Hardaway Jr. experiment is off to a dazzling start for the New York Knicks.

General manager Scott Perry and team president Steve Mills had plenty of questions to answer last summer when they inked Hardaway to a four-year, $71 million contract, providing a return to Madison Square Garden after being drafted 24th overall in 2013 by the Knicks and being traded to the Atlanta Hawks two years later.

While he showed some improvements during his two-year stay in Atlanta, a deal of that magnitude was a head-scratcher considering his career high in points per game was just 14.5 entering last season.

The 26-year-old showed flashes of being a consistent offensive contributor last season, upping his career high to 17.5 points per game last year. However, his ability to become a centerpiece of the Knicks offense fell into question due to some questionable decision-making skills.

Tim Hardaway Jr. has been carrying the offense so far in 2018-19. GETTY IMAGES

The 2018-19 season could be viewed as his last chance to prove to the Knicks that he can lead an offense considering the organization is poised to bring in two major stars in free agency next summer.

With star big man Kristaps Porzingis continuing his recovery from a torn ACL in February while rookie stud Kevin Knox nurses an injured ankle, Hardaway has proven his worth and then some over the first seven games of the season.

In their 115-96 victory over the Brooklyn Nets on Monday night, Hardaway dropped 25 points with eight assists and five rebounds, helping the Knicks snap a five-game losing streak. It was already the sixth time this year that he's put up 24 points or more in a game as he's averaging 24.4 points per night.

His three-point shooting has seen a noticeable increase, which could be a big reason as to why he's been able to put up such big numbers. After making just 31.7 percent of his three's last year, Hardaway is shooting at a 37.1 percent clip from behind the arc so far.

The improvement hasn't gone unnoticed by first-year head coach David Fizdale, who has helped bring back a vibrato to the bench at Madison Square Garden.

"I'm proud of him," Fizdale said on Monday night, according to the New York Daily News. "He knows that this year is going to be an up-and-down year for us, a growing year. But his growth and what he's trying to take to heart is, 'How do I become a star? How do I become a go-to guy? What's the next step? What is the responsibility for that?'"

At 2-5, the Knicks are already sinking toward the bottom of the Eastern Conference, a place they are expected to inhabit for the majority of this season. Though there is a light at the end of the tunnel in free agency, the continued emergence of Hardaway can only help with the Knicks' rebuilding process this year.

The Knicks are back in action on Wednesday night (8 p.m. ET) as they host the Indiana Pacers.

JOE PANTORNO

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NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
JPMorgan Chase Bank, National Association,
Plaintiff AGAINST Walter Wright a/k/a Walter D. Wright; Sabrina Wright; et al.,
Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated October 3, 2018 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York on November 30, 2018 at 10:00AM, premises known as 118-39 234th Street, Cambria Heights, NY 11411. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of NY, Block 12771 Lot 25.
Approximate amount of judgment $543,809.58 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 701479/2015.
William T. Driscoll, Esq., Referee Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, NY 14624
(877) 430-4792
Dated: October 22, 2018
58461

NOTICE OF FORMATION OF VEJKA, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 09/28/2018. Office location: New York County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC c/o: Juliette Metzger, 201 East 83rd Street, #3B, New York, NY 10028, which is also the principal business location of the LLC. Purpose: any lawful act or activity.

NOTICE IS HEREBY GIVEN that a license, Number 1314075 & 1314076, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 35-14 & 35-16 Junction Blvd., Corona, NY 11368. Queens County, for on premises consumption. Suenos Americano Bar Restaurant Corp.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law, at 33 West 8th St., New York, NY 10011. New York County, for on premises consumption. Rogue Lobo LLC d/b/a Ardyn.

NOTICE IS HEREBY GIVEN that a license, Serial # 1314086, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 2020 Broadway, New York, NY 10023. New York County, for on premise consumption. Espresso Bookstore & Cafe Broadway LLC.

NOTICE IS HEREBY GIVEN that a license, Serial # 1314148, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 63-53 108th St., Forest Hills, NY 11375. Queens County, for on premise consumption. MDNNT Corp.

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LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law, at 211 E 43rd St., New York, NY 10017. New York County, for on premises consumption. NYC 003 211 E 43rd St NY LLC d/b/a Soba Totto.

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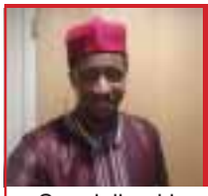

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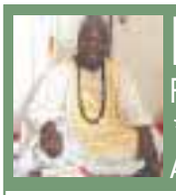

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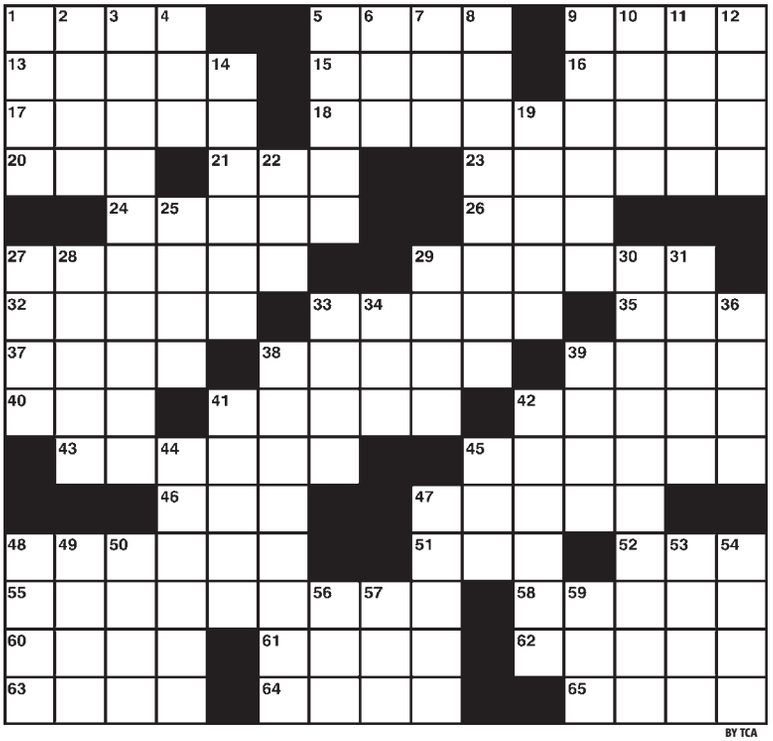

BY TCA

ACROSS

1 As a matter of __; actually
5 Matures
9 Creative works
13 Steer clear of
15 Halibut or haddock
16 In the __; aware of inside info
17 Eatery
18 Hint at
20 Begley & Harris
21 Hearing organ
23 __ into; collided with
24 Furious
26 Relatives
27 Take for granted
29 Purple flowers
32 Goes out with
33 Campbell & others
35 Word attached to dog or top
37 "O my Luve's like __, red rose..." (Robert Burns)
38 Hauling into court
39 Tim Daly's sis
40 Fellow
41 Connections
42 West Point pupil
43 Wanders away
45 Ore discoverers
46 Gore & his dad
47 Picture cards
48 Huns' leader
51 Neighbor of Mex.
52 Nickname for Dorothy
55 Comforted
58 Prince Harry's mum
60 Long skirt
61 "__ Mia"; love song
62 Steve or Tim
63 Dermatologist's concern
64 Female animals
65 Not as much

DOWN

1 Lose color
2 Enthusiastic
3 Unchanging; reliable
4 Neckwear
5 Blazing
6 __ and tonic; mixed drink
7 Curvy letter
8 Neglecting one's duty
9 Bryn Mawr College graduate, e.g.
10 Meander
11 Carry
12 Drove too fast
14 Reveries
19 Tacks
22 Gobbled up
25 Regretted
27 Eve's hubby
28 Teasdale & Gilbert
29 Part of the eye
30 Scottish draft horse
31 More rational
33 Pistols
34 Tupperware top
36 Flea collar wearers
38 Teriyaki marinade
39 __ top; sleeveless shirt
41 Formal dances
42 Buzzing insect
44 Dried fruit
45 Bell & Barker
47 Biblical traitor
48 Upper limbs
49 Yellowish wood
50 Uber alternative
53 Singles
54 Sunbathes
56 Uncooked
57 Prior to
59 Under the weather59 Feel rotten

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E	V	E	A	M	G	H	O	S	T
F	R	L	I	L	L	A	F	K	R
A	W	A	O	B	Z	L	Z	E	E
I	E	I	C	B	M	L	C	L	A
R	R	E	T	S	N	O	M	E	T
Y	D	N	A	C	S	W	Z	T	N
K	C	I	R	T	H	E	B	O	F
S	O	O	U	Q	M	E	U	N	T
P	U	M	P	K	I	N	M	T	L
T	E	R	I	P	M	A	V	V	L

Candy
Costume
Fairy
Fall
Ghost
Halloween
Monster
Pumpkin
Scare
Skeleton
Treat
Trick
Vampire
Witch
Zombie

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Category: Food & Drink

C	O	D	D
O	H	U	I
L	C	P	N
A	T	E	G

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

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			5	9				3
	2			4		9	8	
9	6	4					1	
		6	2			1		
			7	6	1			
		1			5	2		
	7					4	5	9
	5	9		1			2	
6				5	9			

Yesterday's Answers

T	E	S	T		R	E	R	A	N		A	B	L	E
O	A	T	H		E	L	O	P	E		S	A	I	D
T	R	A	Y		D	E	C	R	E	A	S	I	N	G
E	L	L		P	U	C	K			W	I	T	T	Y
		E	J	E	C	T			H	A	S			
D	A	M	A	G	E			B	O	R	I	N	G	
A	D	A	M	S		L	E	V	E	E		O	L	D
F	I	T	S		B	I	R	D	S		S	T	A	Y
T	E	E		T	E	A	R	S		Z	A	I	R	E
	U	S	U	R	E	R			S	A	U	C	E	S
			N	U	N			M	A	P	L	E		
S	T	O	W	S			T	A	B	S		A	P	E
C	A	P	I	T	A	L	I	Z	E		O	B	E	Y
A	X	E	S		G	O	M	E	R		F	L	O	E
M	I	N	E		B	L	E	S	S		F	E	N	D

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